



# 132nd Fighter Wing

Iowa Air National Guard

## The e-Intake

Vol. 22, July 2012

### COMMAND COMMENTARY

## Operational Readiness Exercise (ORE) PHASE II – Getting Ready!

By Col. Jennifer Walter

Vice Commander, 132nd Fighter Wing

Fri, 14 Sep	Sat, 15 Sep	Sun, 16 Sep	Mon, 17 Sep	Tue, 18 Sep	Wed, 19 Sep	Thu, 20 Sep	Fri, 21 Sep
EET In-Brief	Transition Day	Day 1 War 1	Day 2 War 1	Hot Wash	Transition Day	Day 1 War 2	Day 2 War 2
EET Only	Everyone	Everyone	Everyone	Everyone	Everyone	Everyone	Everyone

## ORE OBJECTIVES:

### To prepare for our September 2013 Operational Readiness Inspection, Phase II

- 1. Employing the Force**—Our ability to employ combat forces: Command and Control, Operations (flying), Maintenance, Information Operations
- 2. Sustaining the Force**—Our ability to provide sustained support during wartime or contingency operations: Personnel and Services, CE, Security Forces, Logistics Readiness, Medical/Health Services, Rules of Law, Financial Management & Comptroller Support, Contracting, Safety, Chaplain, Public Affairs
- 3. Ability to Survive & Operate (ATSO)** — Our ability to meet AF standards for mission sustainment & mission capability restoration at deployed locations following major accidents, natural disasters, HAZMAT incidents, chemical, biological, radiological, nuclear or conventional attack: Command and Control, Prepare, Protection, Contamination Avoidance and Control, Respond, Mission Continuation/Restoration and Sustainment

**GENERAL INFO:** The base will be set-up with a designated “play” and “no-play” area so that we can better manage recovery after attack, etc. The play area will be referred to as “Base X”. Basically, the buildings north/east of bldg 440 vehicle maint/AGE are in the no-play area (except for the MSA). Most of us will **not** be in our normal work areas for the ORE.

**ENTRY/PARKING:** Beginning on Transition Day, Sat, 15 September, ALL personnel will enter through the O&T/Contractor Gate near Bldg 110 for access to the base. The main gate will not be operational. Parking will be in the grassy areas near Bldg 110, and you will process through the PPA and take a bus ride to Base X. No privately owned vehicles (POVs) will be authorized for movement in the “play area” for the duration of the ORE week.

**FOOD:** TOTMs/MREs (\$4.55) will be our primary dining option for entire ORE period. For the Day 1 & 2 of the wars, 150 personnel can dine at the Single Pallet Expeditionary Kitchen (SPEK) which will be located in the area of the ground fuel pumps north of bldg 100. FSS will be sending out detailed instructions soon, and of course you may bring your own food if you choose to do so. The Dining Facility will not be operational during the ORE.

**LODGING:** All personnel requiring lodging will be billeted at Camp Dodge.

**ATSO:** We will all be issued our new M-50 gas mask prior to the ORE. We hear that the new mask is more comfortable, easier to see, and our speech is clearer without the need of a voice emitter.

## FUTURE DATES FOR YOUR PLANNING PURPOSES:

ORE – 31 May – 7 June 2013

FINAL ORE – 31 July – 4 August 2013

ORI – 4-10 September 2013



## COMMAND COMMENTARY

### Commander's Call on 14 July (See Member's Appreciation Day Flyer)

Time: 1400 – 1600 (Dinner at 1430, Catered by Hickory Park)

Location: Picnic Pavillion (North of the DFAC)

Wing Members Only – Civilian Clothes Authorized

Bring your lawn chairs and any yard games (Bags, Bocce ball, etc.)

## MENTAL HEALTH & WELLNESS

### Finding the Good Stuff

**By David N. Brown, Ph.D., LMFT**

*Wing Director Psychological Health*

Most people spend far more time thinking about how they can correct something that has gone wrong; worrying about something that is about to go wrong; or simply replaying a failure; than they do noticing or enjoying what has gone right. Evolution has seen to it that we remember failures more readily than successes and that we analyze bad events more thoroughly than good events. This predisposition helps us in our own self-protection, however, it also can lead to less life satisfaction.

Dr. Seligman, author of "Learned Optimism," developed an exercise to help us notice positive experiences to enhance our optimistic thinking and gratitude. By thinking about why events go well, what the positive events mean to us, and how we can create conditions that allow more good

things to happen, we encourage an awareness of blessings and develops a style of thinking that leads to optimism.

#### **Exercise for Finding the Good Stuff:**

Every night this week, write down three positive experiences from your day. Next to each positive experience you list, write a brief reflection on any of the topics below:

- Why this good thing happened.
- What this good thing means to you.
- What you can do tomorrow to enable more of this good thing.

For questions or assistance contact David Brown, Wing Director Psychological Health at 515-306-8015 or [david.brown.ctr@ang.af.mil](mailto:david.brown.ctr@ang.af.mil).

## 132FW Sexual Assault Response Coordinator (SARC) and Victim Advocates

The 132<sup>nd</sup> has 10 qualified Victim Advocates and a new SARC. Confidentiality rules apply if reporting a sexual assault incident to the SARC or any Victim Advocate. All are trained to provide the applicable resources, depending on your military status at the time of the incident. We cannot help if you don't report.

#### Victim Advocates

SMSgt Bob Burkhart	FW	MSgt Joyce Piazza	OSF
MSgt Brenda Safranski	FSS	MSgt Rebecca Starmer	FSS
MSgt Todd Moomaw	FW	SSgt Rebecca Kennedy	SFS
TSgt Lonnie Hoyt	MXG	MSgt Kim McWilliams	MDG
TSgt Tina Bizios	LRS	A1C Stacia Taylor	MXG

#### 132FW SARC

Capt Ken Hartman ext. 203

# CHAPLAIN'S CORNER

## Choose good over evil

**By Chaplain (Capt.) David Doty**  
*132FW Chaplain*

This month brings thought of our nation's independence. While the 4<sup>th</sup> of July brings to mind freedom, picnics, vacations, and other activities, there is another fight for freedom that happens within each one of us every day. It is a battle of mental, emotional, physical, and spiritual health. We each struggle with each of these issues at some point in our lives. Ultimately, the battles we fight come down to the choices we make.

Choose good over evil. Psalm 34:14 says, "Turn from evil and do good, seek peace and pursue it." Choose truth over deceit. Proverbs 12:22, "The Lord detests lying lips, but delights in those who tell the truth." Choose kindness over dishonor. Ephesians 4:32, "Be kind to each other,

tenderhearted, forgiving one another, just as God through Christ has forgiven you." Choose obedience over rebellion. Hebrews 13:17, "Obey your spiritual leaders, and do what they say. Their work is to watch over your souls, and they are accountable to God. Give them reason to do this with joy and not with sorrow. That would certainly not be for your benefit."

In seeking God's guidance and wisdom these choices will become easy. Choosing to follow God is a choice we each must make. I leave you with the words from Joshua 24:25, "But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your forefathers served beyond the River, or the gods of the Amorites, in whose land you are living. But as for me and my house, we will serve the Lord."

## LEGAL BRIEFS

### Think Before You Drink

**By Capt. Bret Lucas**  
*132FW/Legal Office*

We are all constantly reminded about the dangers of drinking and driving our cars. We often forget, however, that the same rules about drinking and driving also apply to drinking and boating.

The 2012 summer boating season has been incredibly dangerous and deadly already, and it has only just begun. As the summer recreation season moves into full swing Iowa law enforcement has implemented "Operation Dry Water" to crack down on intoxicated boaters.

Iowa law prohibits anyone from boating while intoxicated.

This includes the operation of any motorboat or sailboat while under the influence of an alcoholic beverage or other drug or a combination of such substances. (†**Boating under the influence has no impact on your privileges to operate a motor vehicle in Iowa.**

**In Iowa, a person is considered to be boating while intoxicated if the person...**

Is under the influence of alcohol or other drug or a combination of such substances or;

Has a blood, breath, or urine alcohol concentration of 0.08% or more or;

Has any amount of a controlled substance present in his or her person, as measured in blood or urine.

#### **Penalties for Boating Under the Influence in Iowa**

First Conviction:

Fine of \$1,000 (Serious Misdemeanor)

\$500 of the fine may be waived by the court if no personal or property injury

Minimum jail sentence of 48 hours up to one year max

Barred from operating a vessel for one year.

Second Conviction (Aggravated Misdemeanor):

Fine of \$1,500 up to maximum \$5,000

Minimum jail sentence of 7 days up to two years in prison max

Barred from operating a vessel for two years.

Third or Subsequent Conviction (Class D Felony):

Fine of \$2,500 up to maximum \$7,500

Minimum jail sentence of 30 days up to five years in prison

Barred from operating a vessel for six years.

#### **Additional Requirements**

You must undergo a substance abuse evaluation and any recommended treatment and must attend a course for drinking drivers.

#### **Blood Alcohol Test Refusal**

By operating a motorboat or sailboat on Iowa waters, you have given consent to alcohol testing. If you refuse to provide a sample, you will be prohibited from operating a boat for one year, and be assessed the following penalties:

1st Offense \$500

2nd Offense \$1,000

3rd Offense \$2,000

Have a great summer, and be safe out there.

# ENVIRONMENTAL

## Triennial ESOHCAMP July 24-27

**By Mr. John Gaich**

*132FW Environmental Engineer*

Every three years the Base receives an external Environmental Safety and Occupational Health Compliance Assessment Management Program (ESOHCAMP). This is the last component of the three tiered process, the other two are quarterly supervisor self assessment and annuals done by the Environmental Office.

During the ESOHCAMP, assessors can be anywhere on base and ask questions of anyone regarding their job with respect to environmental stewardship, occupational health, or safety. Here are some tips to highlight our Base in the best possible light should you be chosen as a representative.

1. Know your job. If the subject is hazardous chemicals, personal protective equipment, or just recycling, if you do these tasks as part of your employment you are expected to be able to explain our local procedures.
2. Don't guess. If you don't know the answer to the assessor's question, find someone that does. Make

sure you follow up to ensure the right person was contacted and the information provided.

3. Escort the team. Make sure that a knowledgeable individual from the shop is with them at all times. Don't let the assessor draw the wrong conclusion that could have been clarified if a shop member was there.
4. If your job has anything to do with hazardous chemicals, make sure you understand our procedures for use of the Point of Sale Hazmart (POSH) as well as how to access E-MSDSs.

Remember that we only have a chance to highlight the 132d FW in a positive way once every three years. Take the time to show the team around and make sure that they have access to all the personnel and information they require to do a complete and accurate job.

If you have questions about a particular program or procedure, see your Area Environmental Supervisor or Unit Safety Representative, the Bioenvironmental Office (TSgt Rodriguez), Safety (MSgt Tuma), Occupational Health (MSgt Bristow), Hazmart (TSgt Asher) or Environmental (Mr. Gaich and Mr. Parsons).

## UPT

\*Pilot Training application - due into the 124th Fighter Squadron no later than Friday September 14, 2012

\*The most qualified applicants will be eligible for an interview.

Interview letters will be mailed out on October 12, 2012

\*The Pilot Training interview board will be held on Saturday November 10, 2012

To apply, applicant must meet the following minimum requirements:

1. Four year college degree (Bachelors)
2. GPA of at least 2.1
3. AFOQT scores of: Pilot - 25, Navigator - 10, Academic Aptitude - No Minimum, Verbal - 15, Quantitative - 10
4. Enter flying training before reaching 30 years of age
5. Physically able to pass the Flying Class 1 physical
6. Mentally & morally qualified
7. United States Citizen
8. Height between 64" - 76" (sitting height 34" - 39")
9. Capable of obtaining & maintaining a Top Secret security clearance (primarily clean criminal record, financial record, not too much debt, driving record, no substance abuse, etc.)

\*Pilot Training application must consist of:

1. Cover letter
2. Resume consisting of a chronological statement of military/civilian experience & education
3. Official transcripts of all college work
4. Minimum of 3 letters of recommendation
5. AFOQT test scores

Please scan your complete application and email it to MSgt Joyce Piazza at [joyce.piazza@ang.af.mil](mailto:joyce.piazza@ang.af.mil)

Direct questions to LTC Grant "Goo" Gooch at [grant.gooch@ang.af.mil](mailto:grant.gooch@ang.af.mil)

General questions about pilot training process, training and/or the bases, etc.,

contact 1LT Tony Sullivan at [anton.sullivan@ang.af.mil](mailto:anton.sullivan@ang.af.mil) or 1Lt John Hoff at [john.hoff@ang.af.mil](mailto:john.hoff@ang.af.mil). They can also be contacted at 515-261-8250.